

# heartfulness

purity weaves destiny

## LEARN TO RELAX

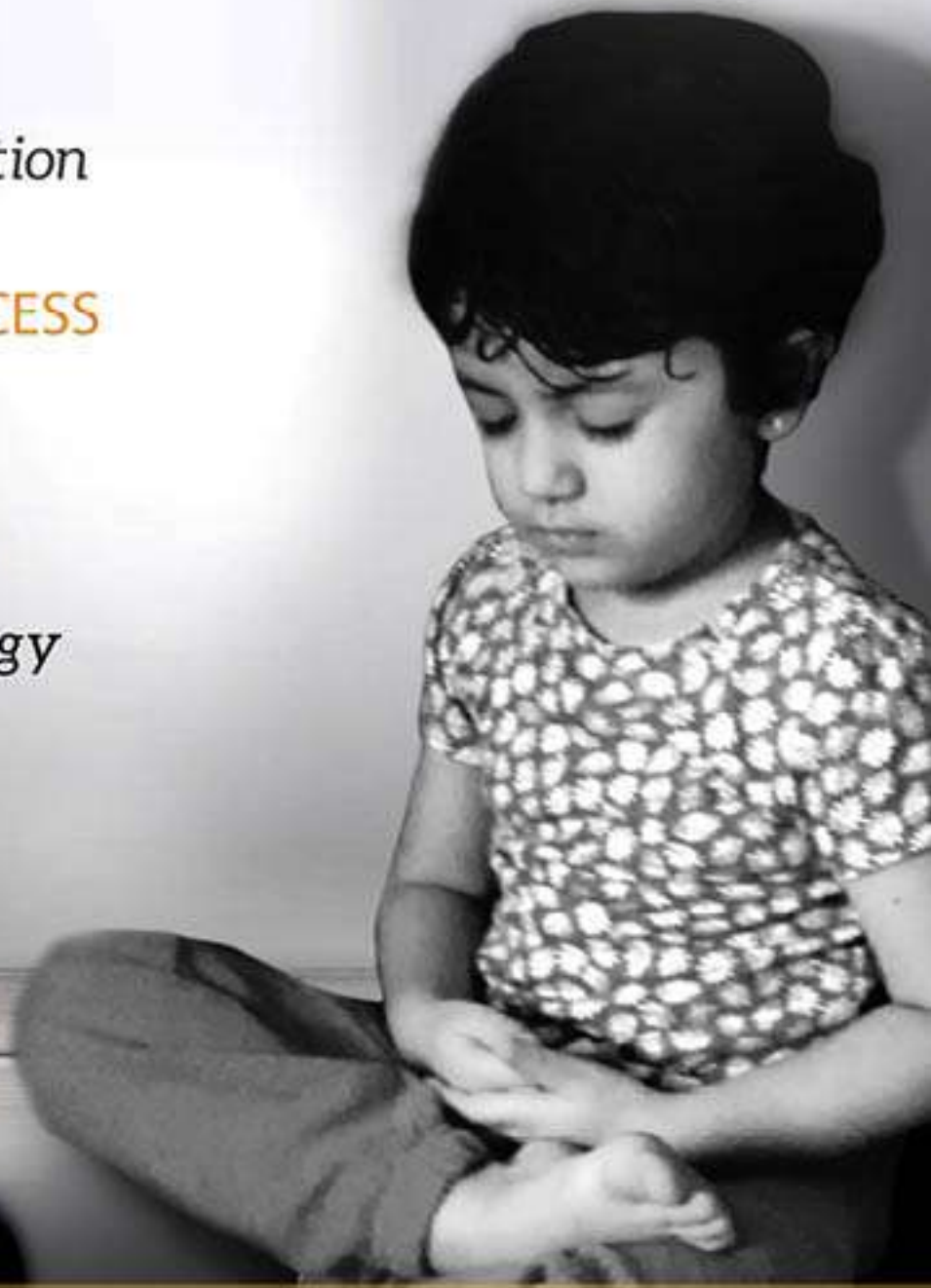
*Heartfulness Relaxation*

## THE SECRET OF SUCCESS

*Excel in business*

## HEALTH IS BALANCE

*The free flow of energy*





10



20



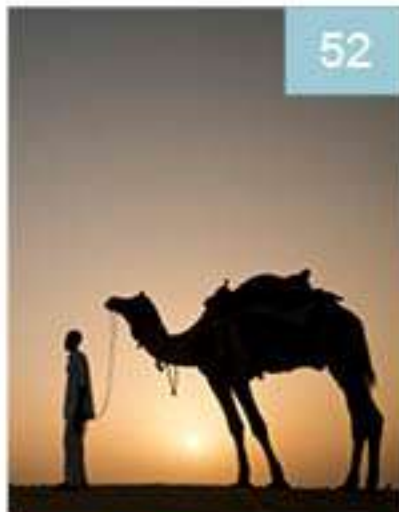
60



33



18



52



68

## INSIDE

- 08 Spirituality in daily life
  - 10 Sleep well to meditate well
  - 18 Heartfulness guided relaxation
  - 20 Health is balance
  - 28 What gives us mental flexibility?
  - 33 The secret of success of any system
  - 36 Ten tips for solving conflicts
  - 38 Parenting - the art of preserving
  - 44 Kabir - the mystic weaver
  - 48 Vivekananda - the need of guru
  - 52 The art of simple living
  - 60 Lessons from the garden
- FOR CHILDREN
- 68 Let's make a mandala
  - 72 The king who removed the veils of illusion



## *a good life*

Dear readers,

Have you ever watched a group of Seven Sisters playing together? Those funny little birds that go everywhere in groups, dart in and out of a birdbath in the garden, and sing and chatter with so much life. They always bring a smile and give a sweet energy to the morning. They are not colourful or magnificent, yet in their simplicity they bring laughter and joy to others. What a great example for us!

Welcome to the first issue of Heartfulness magazine, in which we explore everything from self-development and health, relationships with family and friends, how to thrive in the workplace, to living in tune with nature. We also bring you inspiration from the lives of people who have made a difference to humanity over the ages.

In this issue we feature the topic of balance. For those of you who work, have families and live in cities, the whole notion of balance is a challenge. Pollution, traffic, stress, competition, pressure to be successful, shortage of time, and other factors seem to rule our lives. In all this, how do we even find time to exercise, let alone for stillness and peace?

The time when life was more carefree and natural in pace sometimes seems like a fairytale of the olden days. It is wishful thinking to imagine going back to that idyllic pace of life in a modern city, but we can all develop the basic values and qualities of a good life, and we hope our magazine inspires you to do so. We look forward to hearing from you also.

Happy reading!

*Emma & Elizabeth*

# CONTRIBUTORS

## *Dr. Ichak Adizes*



Dr. Ichak Adizes is widely acknowledged as one of the world's leading management experts. He has received 17 honorary doctorates and is the author of 20 books that have been translated into 26 languages. Dr. Adizes is recognized by Leadership Excellence Journal as one of the top thirty thought leaders of America.

## *Alanda Greene*



Alanda Greene lives in the Purcell Mountains of British Columbia, Canada. Having a deep connection with nature, she and her husband built their house of stone and timber and a terraced garden, and integrated their life into this rural community. Alanda's primary focus is the conscious integration of spirit with all aspects of life.

### EDITORS

Elizabeth Denley, Emma Hawley  
Veronique Nicolai (Children)

### DESIGN

Mandana Imani, Uma Maheswari,  
Arul Kumar Selvaraj, Nehal Tantia

### COVER DESIGN

Uma Maheswari

### PHOTOGRAPHY

Mandana Imani, Bharath Krishna  
Sanaz Najaf, Mona Mishra

### ART

Ali Ghaemi, Shirin Ghandchi,  
Christian Macketanz, Veronique  
Nicolai, Gabrielle Rajkumar

### WRITERS

Ichak Adizes, Meghana Anand,  
Elizabeth Denley, Alanda Greene,  
Kamlesh D Patel, Anchal Srivastava

Icons made by Freepik from [www.flaticon.com](http://www.flaticon.com)

## Meghana Anand

Meghana Anand lives in the beach city of Chennai, India. She believes in tapping the hidden potential of the heart to bring out the best in her. Humanity inspires her, and through reflective writing she likes to explore the sacred depths of her being. She seeks joy and beauty in simple things.



## Anchal Shrivastava



Anchal Shrivastava lives in Pune, India. A Renaissance man with a passion for life itself, he learns from observation, experience and most of all the insights from the heart. Reach Anchal at [anchal.author@outlook.com](mailto:anchal.author@outlook.com).

### CONTRIBUTIONS

letters to the editors and guidelines  
[magazine@heartfulness.org](mailto:magazine@heartfulness.org)

### ADVERTISING

[advertising@heartfulness.org](mailto:advertising@heartfulness.org)

### Subscriptions

[subscriptions@heartfulness.org](mailto:subscriptions@heartfulness.org)

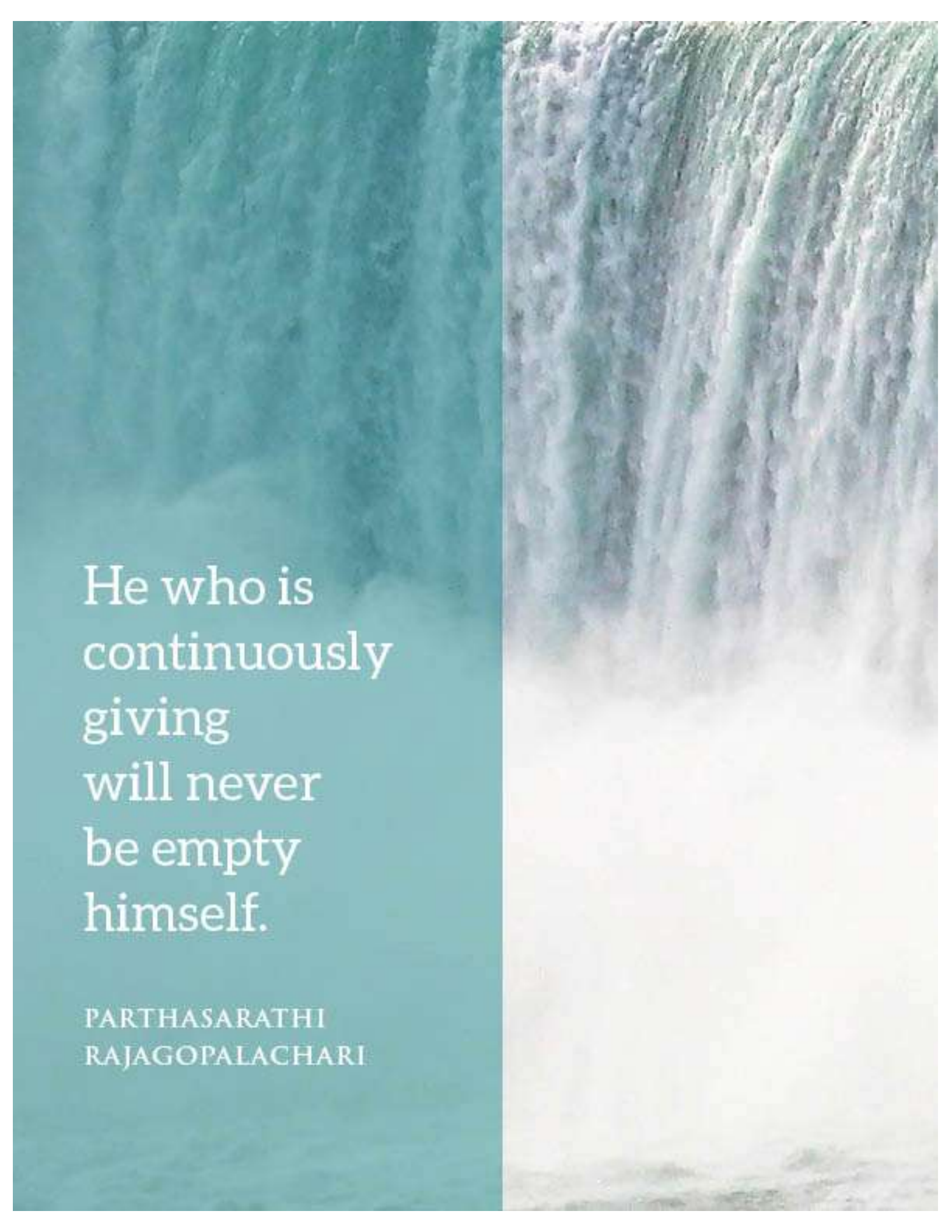
### PUBLISHER

Sahaj Marg Spirituality Foundation

2015 © All rights reserved with the Publisher, Sahaj Marg Spirituality Foundation. Printing and Publishing rights of subsequent editions also vests with the Publisher.

All intellectual property rights in the titles 'Heartfulness', 'Heartfulness Relaxation', 'Sahaj Marg Spirituality Foundation', 'SMSF', the 'Learn to Meditate' Emblem, 'Heartfulness' Emblem are trade/service marks of Sahaj Marg Spirituality Foundation in continuous use. No part of this magazine can be reproduced in any form or by any means without prior written permission from the Publisher. Further the domain name [www.Heartfulness.org](http://www.Heartfulness.org) also belongs to Sahaj Marg Spirituality Foundation.

The views expressed in the contributions in this publication do not always reflect those of the editors or the Sahaj Marg Spirituality Foundation.



He who is  
continuously  
giving  
will never  
be empty  
himself.

PARTHASARATHI  
RAJAGOPALACHARI





# *Spirituality in* DAILY LIFE

ANCHAL SRIVASTAVA

Being spiritual, at its core, is just being aware of the spirit inside and attending to its needs. My body has material needs of food, cleanliness, exercise etc. which I fulfil duly as it keeps me running. Similarly, my soul too has needs of purity, positivity, righteous living, love etc. So when my soul is deprived of its needs, how can I realign my soul and body to become one, which is the secret and primary need of success in any field?



Righteous living pertains to, but is not limited to, doing the right thing always, which we have made very difficult for ourselves in today's life. We have become so used to doing things as per our convenience, that we don't care whether what we are doing is morally and ethically right. So, who is really harmed here? Not others, but only our soul, which is getting engrossed and heavy. We can really feel the difference when we do something good, especially something good for others; we feel good and light. It's a beautiful feeling, isn't it!

---

To be able to listen to your inner Self takes a lot of practice, and this practice is best known as meditation.

---

So what I am trying to speak of here is a basic need, and the primary teaching in every religious and spiritual institution - the right way of living. If there is anything more important to spirituality than this, it is the right way of thinking, which again eventually builds up to righteous living.

Now one may ask how do I know what is right and what is wrong? Well, the soul always knows it, and guides us too! What we have to do is be aware of the presence of our soul inside. Believe me, you can listen to it. But to be able to listen to your inner Self takes a lot of practice, and this practice is best known as meditation. So I believe including this very practice of listening to the soul in our daily life, acts as the first and very important step towards finding spirituality in our daily life. As they say, "Keep calm and meditate" ●



Photography by Mona Mishra



# SLEEP *well to* MEDITATE *well*

KAMLESH D. PATEL speaks about the importance of a good night's sleep

If people were to discipline their sleep cycles their lives could be changed. Sleep early. There are serious repercussions if you don't discipline your sleep cycle, because it is like an inner butterfly effect. You have heard that story, that a butterfly flaps its wings in the Amazon, one leaf starts fluttering, two leaves start, three start, and there is a snowstorm created in North America. A little discipline in how well and how deeply you sleep determines your state of mind throughout the day.

You will meditate in the morning without struggling with your consciousness. When we are fully alert in the morning, lovingly we can invite the higher consciousness or Divine Principle in meditation, and be one with that Essence. Then some beautiful conditions will be created in the heart. And when it is so intense it stays with us; if we try to shake it off it won't go away. Such is the permanency of the condition created when our consciousness is able to receive. If our morning meditation is hampered, the whole day will be spoilt.

For a person who has never meditated, it makes no difference; it is another day gone by like roaring oceans. These roaring oceans look so beautiful and you can write poems about them, but the real beauty is a pond without any waves when there is utter serenity. Even the dropping of a small leaf can create a disturbance.

---

A little discipline in how well and how deeply you sleep determines your state of mind throughout the day.

---



---

When we are fully alert in the morning, lovingly we can invite the higher consciousness or Divine Principle in meditation, and be one with that Essence. Then some beautiful conditions will be created in the heart.

---

The choice is ours. Do we want to lead a life like the roaring oceans, which are so pleasing to so many people today? Because if we do we will never know what is happening – we are lost in the waves of our disturbed consciousness. But when the consciousness is settled, even the slightest change or variation is noticed, the way even the slightest fall of the lightest leaf can create waves.

In the yogic shastras, great significance was given to both nostrils. Ideally, the right nostril should be predominant during the daytime and the left nostril should be predominant at night. Why? In short, the solar impact on our physiology is directly related to the movement of both the sun and moon. When something is not right, a switch occurs. In the olden days people would examine their breathing, and if it was not as it should be they would drink hot water and do things like *pranayama*, walking etc. If you are very careful, just around sunrise you will witness a slow shift from the left to the right nostril and at sunset from the right to the left.

And if you happen to meditate at that time it will be like a rocket – it is just the right time, because the balance is there between your sympathetic and parasympathetic nervous systems.

Watch this when you go to sleep by 9 or 10 o'clock, and observe the right nostril switch to the left and then in the morning the left to the right. If you get the right amount of sleep, your right nostril will automatically be predominant in the morning as soon as you get up. Over millennia our systems have evolved in such a way that when the sun rises certain hormonal patterns are triggered. If you follow the rhythm, then your health will automatically improve.



Now, what happens when you go to bed very late at night? If you go against the rhythm, it is like swimming against the current, and this will consume you over time. When your strength and youthfulness start to decline, your decline in health will speak volumes. It is better to set a pattern now.

I think nightly activities are a curse of the modern world. Because of electricity, there isn't much difference between day and night. Starved sleep patterns reflect irregularities and our health suffers because of that. Our immunity also goes down because the nervous system is breaking down.



Extensive studies have been conducted on people who work at night. If we observe their health patterns, we find their ageing to be very rapid. Most of us are not forced to work at night, we have a choice, yet our lifestyle is like those who are helpless and must work at night. We volunteer to stay awake all night, watching all kinds of stuff. Whether we look at it spiritually or health-wise, it is self-defeating. So why indulge? How are we going to build our destiny? We have already decided upon a destructive path if we do not follow the natural rhythm.

---

Early in the morning, nature's energy flows in one direction towards the Source. It is not a physical energy. It is best to meditate when you are flowing with those currents.

---

There is a beautiful statement by Ram Chandra of Shahjahanpur that you can either swim with the river's flow, or you can swim against the flow, but it will consume you. Early in the morning, nature's energy flows in one direction towards the Source. It is not a physical energy. It is best to meditate when you are flowing with those currents. If you try to meditate after sunrise, it is like swimming against the current, and meditation becomes more difficult.

## About Kamlesh Patel

So if you want to go further, adjust your sleep patterns, otherwise you will struggle with that one fundamental thing all your life. You will wake up frustrated and sleepless. You will not be able to meditate properly. If you cannot meditate properly, you won't have a proper spiritual condition to work with and you won't have a proper consciousness even for mundane things. You have uprooted your consciousness, which is the very guiding force. You have exposed yourself to so many things, and you are now vulnerable. More and more, you collect impressions throughout the day. It is a vicious cycle.

Per contra, if you have a finer condition, a purer condition, a blissful condition, you are more grateful. This gratitude emerging from the heart creates a bond between your Maker and you. There is great benefit in this, and as you get more and more benefit you feel like doing more and more ●

*From an early age, Kamlesh Patel was interested in spirituality and meditation, and eventually came to the feet of his Guru in 1976 while still a student. He is now the fourth spiritual guide in the Sahaj Marg system of Raja Yoga meditation.*

*Kamlesh is married with two sons, and is a role model for students of spirituality who seek that perfect blend of Eastern heart and Western mind. He travels extensively and is at home with people from all backgrounds and walks of life, giving special attention to the youth of today.*





Learn to meditate  
with the help of  
yogic transmission.

EXPERIENCE THE  
BEAUTY OF THE HEART.



# Experience Heartfulness

[www.heartfulness.org](http://www.heartfulness.org)

What is the one thing we need today more than ever? A healthy, calm and pure mind. Mental complexity is the main cause of all biases, quirky behaviours, emotional outbursts and intellectual opacity.

The Heartfulness movement is the creation of spiritual guides who have the overwhelming compassion and empathy to help us remove our mental complexity and embrace a joyful life. It is a movement fitting modern times. The 21st century millennial generation is a great, open society that embraces a simple, experiential path to knowledge and well-being.

Heartfulness is pure in its intention, simple in its approach, all embracing in its reach, and offers comprehensive, lifelong, 'do it yourself' and 'get all the help you need' methods. Relax and meditate in the comfort of your own room and offices or join a community nearby whenever you want. Heartfulness has something to offer for people of all walks of life, from small children to the elderly, mothers, CEOs of corporations, teachers and students, government officials and rural communities.

Join us on UN International Day of Peace on the 21st of September, for 'Individual peace contributes to world peace'. Mahatma Gandhi said, "Be the change that you wish to see in the world." Change begins in the heart. Once the heart has experienced transmission, it will bloom with love, wisdom and courage.

Come, participate and be moved by it all!

*Victor Kannan,*

Director, Heartfulness Institute

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

